



# Northampton Aquatic & Family Center

JFK Middle School, 100 Bridge Road, Florence, MA 01062

## POOL SCHEDULE WINTER 2016

November 28 - February 26



**AFC: 413-587-1046, Activity/Cancellation Hotline: 413-587-1044**

Check schedule carefully. Call ahead to inquire about lane availability.

*Proper swimming attire is required, no cotton clothing.*

*Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.*

*Weekday morning policy: Swimmers leaving after 7:30 a.m. MUST exit pool area (including those using locker rooms) through pool deck glass doors.*

**AFC FACILITY CLOSED: DECEMBER 23, 24, 25, 26, 31 JANUARY 1, 2, 16, & FEBRUARY 20**

**EXTRA LAP/OPEN SWIM TIMES: DECEMBER 27, 28, 29, & 30: 12:00 pm - 4:00 pm**

**NHS Swim Team Home Meets: December 9, January 20, Pool Closed All Evening**

**NHS Swim Team Home Meets: December 20, January 10, 31: Lap/Open Swim 6:30 pm - 8:00 pm**

**NHS Swim Team Away Meets: December 13, January 3, 13, 17, 23: Lap/Open Swim 4:00 pm - 6:00 pm**

<b>MONDAY:</b>	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes)/Aerobics (until 7:40 am)
	3:00 - 5:00 pm	NHS Swim Team
	5:00 - 6:00 pm	Lap swim (2 Lanes)/Open swim/ NHS Diving
	6:00 - 7:00 pm	Lap swim (3 Lanes)/Aqua Zumba®
	7:00 - 8:00 pm	Lap swim (2 Lanes)/Open swim with Diving Board
<b>TUESDAY:</b>	6:00 - 7:40 am	Lap swim (6 Lanes)
	3:00 - 5:00 pm	NHS Swim Team
	5:00 - 6:00 pm	Lap swim (2 Lanes)/Open swim/ NHS Diving
	6:00 - 7:00 pm	Lap swim (3 Lanes) /Aerobics
<b>WEDNESDAY:</b>	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes)/Aerobics (until 7:40 am)
	3:00 - 5:00 pm	NHS Swim Team
	5:00 - 6:00 pm	Lap swim (2 Lanes)/Open swim/ NHS Diving
	6:00 - 7:00 pm	Lap swim (3 Lanes)/Aqua Zumba®
	7:00 - 8:00 pm	Lap swim (2 Lanes)/Open swim with Diving Board
<b>THURSDAY:</b>	3:00 - 5:00 pm	NHS Swim Team
	5:00 - 6:00 pm	Lap swim (2 Lanes)/Open swim/ NHS Diving
	6:00 - 7:00 pm	Lap swim (3 Lanes) /Aerobics
<b>FRIDAY:</b>	6:00 - 7:00 am	Lap swim (6 Lanes)
	7:00 - 7:25 am	Lap swim (3 Lanes)/Aerobics (until 7:40 am)
	3:00 - 5:00 pm	NHS Swim Team
	5:00 - 6:00 pm	Lap swim (2 Lanes)/Open swim/ NHS Diving
	6:00 - 7:00 pm	Lap swim (2 Lanes)/Open swim with Diving Board
<b>SATURDAY:</b>	9:30 am- 12:00 pm	Lap swim (3 Lanes)/Swim Lessons
	12:00 - 5:00 pm	Lap swim (2 Lanes)/Open Swim with Diving Board
<b>SUNDAY:</b>	10:00 - 4:30 pm	Lap swim (2 Lanes)/Open Swim with Diving Board

\*\*\*\*\*NORTHAMPTON, FLORENCE, & LEEDS SENIORS (Age 55 & over) SWIM FREE ON SUNDAY\*\*\*\*\*

**OPEN SWIM:** The diving board, where indicated, and 4 lanes are open for leisure swim. Bring your friends and family just for fun.

**LAP SWIM:** Designated lanes for swimming laps and aquatic fitness use ONLY. Get fit swimming. ( ) = Number of lanes available for lap swimming

**LAP SWIMMING ETIQUETTE; PLEASE READ:** Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim LAPS in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

AFC at JFK Middle School, 100 Bridge Rd., Florence, MA 01062

Monday-Friday, 4:00-8:00pm, Saturday 10:00am-5:00pm & Sunday 11am-4:30pm, 413 - 587 -1046

Northampton Recreation Department 100 A Bridge Road, Florence, MA 01062

Monday-Friday, 8:30am-4:30pm - 413 - 87-1040

[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)



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## Membership Information

Memberships include use of the pool for lap swimming, open swims, family swims, and use of the gym at designated times, as well as reduced rates for all of our programs offered.

	1 Year	6 Month	Walk-in Daily Passes	
<u>Pass Description</u>	<u>Fee</u>	<u>Fee</u>	<u>Pool Pass Daily Fee (non-members)</u>	
Resident Family	\$240	\$155		
Resident Adult	\$135	\$105	Resident Adult	\$5
Resident Youth	\$90	\$70	Resident Youth/Senior	\$4
Resident Senior	\$90	\$70		
Nonresident Family	\$305	\$220		
Nonresident Adult	\$175	\$145	Nonresident Adult	\$6
Nonresident Youth	\$140	\$119	Youth/Senior Nonresident	\$5
Nonresident Senior	\$140	\$119		

Youth is 2 to 16 years of age  
Children under 2 Free

Guests of members receive \$1 discount on their admission. Senior is 55 and over

<u>Program Walk-In Fees</u>	<u>Member</u>	<u>Resident Non-Member</u>	<u>Non-Resident</u>
Water Aerobics/Aqua Zumba®/Yoga	\$5	\$6	\$7
Open Basketball Tuesday (18yrs and up)	Free	\$3	\$4
Over 30 Basketball Thursday (30yrs and up)	Free	\$3	\$4
Open Basketball Saturday (18yrs and up)	Free	\$2	\$3

**Programs Offered** Small Group Swim Lessons, Private Swim Lessons, Lifeguard Training, Water Aerobics (morning and evening classes), Aqua Zumba®, Senior Swims, Birthday Parties and Pool Rentals, Knitting, Yoga, Photography, American Mahjogg, Adult Open Basketball.

AFC @ JFK Middle School 100 Bridge Road, Florence, MA 01062  
Office open Mon-Fri 4-7pm & Sat. and Sun. 11am-4pm (587-1046) or  
at Parks & Recreation Department, 100 A Bridge Road, Florence, MA 01062  
Mon-Fri 8:30am -4:30pm 587-1040

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